



# Let's Make the Shift!

CREATING A

# Resilient COMMUNITY

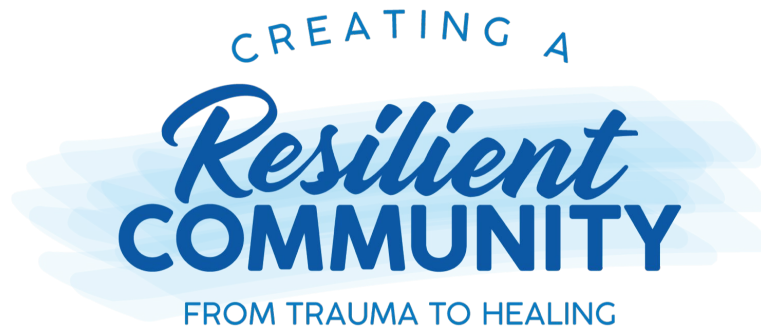
FROM TRAUMA TO HEALING

## 4th Annual Conference

April 21, 2022 ● April 22, 2022

### Conference Packet

*Please keep this conference packet accessible to you for reference throughout the conference.*



# Conference Login

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**Zoom Link:**

<https://valenciacollege.zoom.us/j/93393610748>

**Meeting ID:**

933 9361 0748

**Time Zone:**

Times shown in this packet are Eastern Standard Time (GMT-5)

*You must be registered to attend.*



# Conference Support

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## Tech Support

If you encounter any challenges during the conference relating to tech or the zoom platform, please contact: (407) 582-6953

## Conference Related Questions

For any additional questions or concerns related to the conference, please contact the conference organizers at [resilience@valenciacollege.edu](mailto:resilience@valenciacollege.edu)



# Emotional Support

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## Mobile Crisis Support for Conference Attendees

As we learn about Adverse Childhood Experiences (ACEs), this awareness may elicit an emotional response for any of us. In an effort to support our conference participants, we have arranged for support if needed. Special thanks to the Devereux Mobile Crisis mental health clinicians for being available via remote technology, specifically in support for our conference attendees.

**During the hours of this conference, if support is desired at anytime for conference participants, text “CONFERENCE support” to (407) 720-0281.**

\*Please note: To access Mobile Crisis Services at any time beyond the scope of this conference, dial **2-1-1** for support.



FLORIDA





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# WELCOME

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Thank you for joining us for the 4th Annual Creating a Resilient Community Conference. Since 2019, we have come together from all walks of life for a common vision to become a resilient, trauma-informed Central Florida. We know that the only way to achieve the paradigm shift toward healing, resilience, and love is for individuals like ourselves to come to the table willing to do the work, taking the personal journey to healing our own lives and learning how to live in a way that nurtures health, growth, and possibilities in ourselves and others. We thank you for being here.

Imagine hundreds of people coming together to align in a shared vision. To do the work to shift our consciousness so that in all of our affairs, at home, in the community, and in our work environment, we pause and act in alignment with trauma-informed, healing consciousness. Imagine the ripple effect of so many individuals working together toward this common vision. And imagine what can happen when we begin to turn to one another for help, guidance and mutual support along the way. When we know in our hearts that we can reach out to one another and ask, “Can you help me?”

The concerns and issues we face individually and as a community often feel overwhelming and intractable. How will we solve them? Only together. Only thinking, working, and coming together will we be able to solve the concerns we have for our children, our families and for one another. At PJI and through the CRC Network, we stand at the precipice of idealism and realism and live in a world of possibilities, believing if we can vision a future of healing, resilience and love, we can build it together.

On day one of the conference, Dr. Asim Jani will introduce three key concepts, especially related to ACEs and the countervailing set of Protective and Compensatory Experiences (PACES) – **salutogenesis, syndemics, and systems thinking**. These three components are part of the paradigm shift that will enable us to access a new level of awareness and capability grounded in a sense of unity and love. Participants can then explore how they can engage in more effective individual and collective level actions for change in all three realms of ACEs, especially through a countervailing set of Protective and Compensatory Experiences (PACES). Day two showcases eighteen workshops presented by our colleagues that demonstrate what trauma-informed, healing-centered work looks like in action.

Thank you for being here. Your presence is an affirmation that together we believe in the work and the possibility for the change we wish to see in the world.

We are grateful for you and hope you enjoy these two conference days.

Yours,



Rachel Allen  
Director, Peace and Justice Institute  
Valencia College



Sofiya Asedrem  
Implementation Coordinator  
Peace and Justice Institute, Valencia College

# Partners & Sponsors

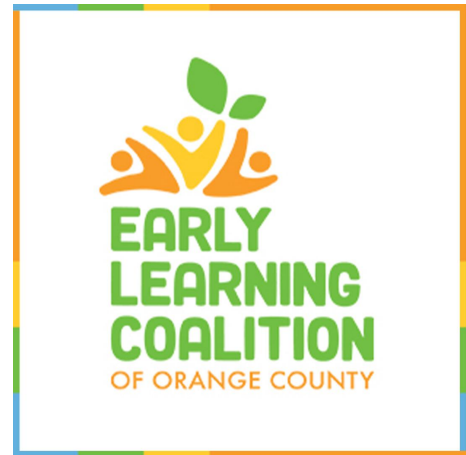
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This work is not possible without the contributions of our partners and sponsors. Thank you to our 2022 partners and sponsors for their continued commitment and support!

PEACE AND  
JUSTICE INSTITUTE

All People. All Voices. All Matter.

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The Early Learning Coalition of Orange County is funded in part by the Florida Office of Early Learning.



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Advocacy Center

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BEHAVIORAL  
CENTER

# Program - Day 1

## Let's Make the Shift!

Thursday, April 21, 2022

9:00 AM

### Opening Ceremony

#### Welcome and Opening Remarks

*Rachel Allen*, Director, Peace and Justice Institute at Valencia College (Moderator)

*Dr. Candice Jones*, Board Certified Pediatrician (Moderator)

*Jerry Demings*, Mayor of Orange County Florida

*Buddy Dyer*, Mayor of the City of Orlando

#### Sponsor Remarks

*Sandi Vidal*, Vice President of Community Strategies and Initiatives, Central Florida Foundation

### Framing the Day: Conference Goals & Overview

#### Principles for How We Treat Each Other

*Rachel Allen*, Director, Peace and Justice Institute (Moderator)

### Mindfulness Practice

*Celine Kavalec*, Qualified Mindfulness Based Stress Reduction Teacher and Academic Coordinator, Peace and Justice Institute at Valencia College

9:30 AM

### Keynote - Part 1 - Salutogenesis

*Dr. Asim Jani*, Infectious Diseases Consultant, Clinician-educator, Hospital Epidemiologist, and Public Health Physician

### Testimonial: The Shift

#### Panelists:

*Cendie Stanford*, Founder & President, ACEs Matter, Corp.

*Pernell Bush*, LCSW, CNP, K.E.Y. Counseling Solutions

*Yasmin Flasterstein*, Co-Founder & Executive Director, Peer Support Space, Inc.

10:35 AM

### MORNING BREAK

### Guided Journaling, Breakouts & Discussion - Reflective Practice

10:50 AM

### Breakouts & Discussion

11:20 AM

### Keynote - Part 2 - Syndemics and Systems Thinking

*Dr. Asim Jani*, Infectious Diseases Consultant, Clinician-educator, Hospital Epidemiologist, and Public Health Physician

### Testimonial: Community Best Practice

#### What's in the Soil & Community ACEs

*Lynette Fields*, Executive Director, Poverty Solutions Group

#### Shifting Towards Love

*Rosene Johnson*, MA, Executive Director, PACE Center for Girls

### Announcements & Wrap-Up



# Program - Day 1 (Cont.)

Let's Make the Shift!

Thursday, April 21, 2022

12:00 PM

## LUNCH Time Learning

### Community Services and Resources Showcase

Slide presentation curated through collaboration of the CRC Network and the Conference Planning Team

12:45 PM

## Guided Acoustic Meditation and Mindfulness Practice

*Ashley Lewis*, Board Certified Music Therapist, Central Florida Community (CFC) Arts

1:00 PM

## Afternoon Welcome Back

### Welcome from Valencia College

*Dr. Amy Bosley*, Vice President, Institutional Planning and Development, and Chief of Staff, Valencia College

### Sponsor Remarks

*Tanya Easterling*, Director of Regional Business Development, Florida Blue

1:10 PM

## Shared Knowledge and Common Language

### Testimonial: Community Best Practice

#### CRC Network: Why PACEs (Positive and Adverse Childhood Experiences) Matter

*Ann Pimentel-Kerr*, Children's Advocacy Center (CAC) Specialist, Howard Phillips Center for Children & Families, Orlando Health

1:20 PM

## Guided Journaling, Breakouts & Discussion - Reflective Practice

2:00 PM

## Keynote - Part 3 - The Shift

*Dr. Asim Jani*, Infectious Diseases Consultant, Clinician-educator, Hospital Epidemiologist, and Public Health Physician

2:30 PM

## AFTERNOON BREAK

2:45 PM

## Visioning a Trauma Informed and Healing Centered Central Florida

### Mindfulness Practice & Guided Journaling - Reflective Practice

### Breakouts & Discussion

### Group Discussion and Keynote Q & A Session

*Dr. Asim Jani*, Infectious Diseases Consultant, Clinician-educator, Hospital Epidemiologist, and Public Health Physician

# Program - Day 1 (Cont.)

## Let's Make the Shift!

Thursday, April 21, 2022

3:40 PM

### **Closing**

#### **Partner Remarks**

*Karen Willis*, Chief Executive Officer, Early Learning Coalition of Orange County

#### **Closing Song**

*Chadonné Whiskey*, Vocal Performer

#### **Acknowledgements and Thank You's**

*Rachel Allen*, Director, Peace and Justice Institute at Valencia College (Moderator)

*Dr. Candice Jones*, Board Certified Pediatrician (Moderator)

# KEYNOTE SPEAKER

CREATING A  
*Resilient*  
**COMMUNITY**  
FROM TRAUMA TO HEALING



## Dr. Asim Jani

“...while traditional medical models focus on what went wrong and how to fix it, salutogenic models go further and inquire into what is already intact and health-promoting and how to strengthen it.”

-Asim Jani MD MPH FACP

During his 30-year journey, Asim Jani MD MPH FACP has had many roles - infectious diseases consultant, clinician-educator, hospital epidemiologist, and public health physician. In addition to being a community health advocate he has also worked in global health and served in federal, state, and local jurisdictions. He spent a decade at the Centers for Disease Control and Prevention (CDC), starting as an Epidemic Intelligence Service officer in 2003, transitioning later to be the Director of the CDC Preventive Medicine Residency and Fellowship as a Commissioned Corps Officer in the US Public Health Service (CAPT). He earned his BA, MD, and MPH degrees at the University of South Florida (USF) and has given more than 200 major presentations, published over 30 scholarly works and started a Population Health training program at CDC. Currently Dr. Jani has adjunct academic appointments at the Morsani College of Medicine at USF and Florida State University College of Medicine. His specialties include Internal Medicine, Infectious Diseases and Public Health and General Preventive Medicine. His passion for learning and service extends to the fields of Integrative Medicine and Climate Justice, having completed both the fellowship training at the Andrew Weil Center for Integrative Medicine (UAz), and joining the Climate Reality Leadership Corps led by Al Gore.

# Program - Day 2

Workshops for the Community, By the Community!  
Friday, April 22, 2022

Please select which workshops you'd like to attend and try to arrive on time. **If you try to enter a workshop more than 10 minutes after the start time, you may not be let in** because at this point community has already been established and momentum is building up.

Descriptions and access information for the Morning Workshops (A Sessions) are listed on pages 14 - 16 of this packet.

<p><b>9:00 - 10:00 AM</b></p> <p><a href="#">CLICK HERE TO JOIN THIS SESSION</a></p> <p>Meeting ID: 944 6780 0464</p>	<p><b>CRC NETWORK SESSION &amp; SECTOR BREAKOUTS</b></p> <p>Participants will learn about the Creating a Resilient Community Network (CRC Network) and attend sector specific breakout groups to learn about the goals and work happening in their specific sector of interest (i.e. Health/Wellness, Business, Education, Government, Nonprofit, Faith, Criminal Justice, Public Safety, Child Welfare). <b>This session is intended for ALL PARTICIPANTS of the conference.</b></p> <p><b>Sponsor Remarks</b> will be given by Orlando Health</p> <p><b>CRC Network Sector Leaders: Ann Pimentel, Traci Klinkbeil, Tina Morgan</b></p> <ul style="list-style-type: none"> <li>• Child Welfare (Co-chairs: Tina Morgan, Pamela Vordeburg, Randy Olson)</li> <li>• Criminal Justice (Co-chairs: Anne Wedge-McMillen, Roger Weeden)</li> <li>• Education (Co-chairs: Rachel Allen - Higher Ed., Jennifer Grant - Early Learning)</li> <li>• Faith (Co-chairs: Elizabeth Cronlund, Lourdes Muñiz)</li> <li>• Government (Co-chairs: Jenifer Rupert, Lauren Cooper)</li> <li>• Health/Wellness (Co-chairs: Asim Jani, Candice Jones, Michelle Crozier)</li> <li>• Nonprofit (Co-chairs: Cendie Stanford, Lynette Fields, Sandi Vidal)</li> <li>• Public Safety (Chair: Jeff Goltz)</li> </ul>
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**10:00 - 10:15 AM**

**BREAK**

<b>10:15 AM - 12:30 PM</b>		<b>MORNING WORKSHOPS - A SESSIONS</b>	
<b>10:15 - 11:15</b>	<b>1 Hour Workshops</b>	<b>10:15 - 12:15</b>	<b>-OR- 2 Hour Workshops</b>
<b>11:15 - 11:30</b>	<b>BREAK</b>		
<b>11:30 - 12:30</b>	<b>1 Hour Workshops</b>		

**12:30 - 1:30 PM**

**LUNCH BREAK**



# Program - Day 2 (Cont.)

## Workshops for the Community, By the Community!

Friday, April 22, 2022

Please select which workshops you'd like to attend and try to arrive on time. **If you try to enter a workshop more than 10 minutes after the start time, you may not be let in** because at this point community has already been established and momentum is building up.

Descriptions and access information for the Afternoon Workshops (B Sessions) are listed on pages 17 - 20 of this packet.

<b>1:30 - 3:45 PM</b>		<b>AFTERNOON WORKSHOPS - B SESSIONS</b>	
<b>1:30 - 2:30</b>	<b>1 Hour Workshops</b>	<b>1:30 - 3:30</b>	<b>-OR- 2 Hour Workshops</b>
<b>2:30 - 2:45</b>	<b>BREAK</b>		
<b>2:45 - 3:45</b>	<b>1 Hour Workshops</b>		
<b>3:45 - 4:00 PM</b>		<b>BREAK</b>	
<b>4:00 - 4:45 PM</b>	<b>CLOSING</b>		
<a href="#">CLICK HERE TO JOIN THIS SESSION</a>	This is a time to reflect on our learning from the conference, make and share our commitments to ourselves and to our community.		
Meeting ID: 948 4309 6730	Sponsor Remarks will be given by Gene Martin, Community Manager, J.P. Morgan Chase		
	This session is intended for ALL PARTICIPANTS of the conference.		
<b>4:45 PM</b>	<b>CONFERENCE CONCLUDES</b>		

# Morning Workshops - A Sessions

10:15 AM - 12:30 PM

<b>Categories</b>	<i>Action-focused, Skills &amp; knowledge building, Best practices/Model; Book talk</i>
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## 10:15 - 11:15 AM (1 Hour Workshops)

<p><b>Creating A Trauma Informed Culture for Youth, Staff &amp; Families</b> Facilitated By: Opal Walker-Warren, Cheryl O'Rourke &amp; Anna Dieuveuil (10:15 - 11:15 AM EST)</p>	<p>This Social Emotional Learning (SEL) session is designed to share with a community of Youth &amp; Family Services providers a glimpse at some "Best Practices" employed by Boys &amp; Girls Clubs of Central Florida to help create an SEL culture within our Clubs, with our staff and parents. We will share how exploring negative behaviors and trauma within our members, staff and families can create a true trauma-informed culture. Participants will gain some insights on creating meaningful relationships within their community.</p>	<p><a href="#">CLICK HERE TO JOIN THIS WORKSHOP</a></p> <p><b>Platform:</b> Zoom <b>Meeting ID:</b> 812 8697 7470 <b>Passcode:</b> 568439</p>
<p><b>Helping Girls Learn, Heal and Grow: A Multidisciplinary Approach to Resolving Childhood Trauma</b> Facilitated By: Rosene Johnson, Jasmine Davenport, Lili Wysiekierski &amp; Amber Proctor (10:15 - 11:15 AM EST)</p>	<p>Utilizing a multi-disciplinary approach of mental health, social and cognitive learning strategies, teenage girls find a safe haven at Pace Center for Girls where they can learn, heal and grow through unresolved trauma. While these experiences can lead to negative outcomes, specialized and individualized interventions support the girl through the process of behavior modification, improved self-esteem and academic performance. Through the adoption of cross disciplinary strategies and professionals, a team comes together to find the great in every girl that enters the doors of Pace.</p>	<p><a href="#">CLICK HERE TO JOIN THIS WORKSHOP</a></p> <p><b>Platform:</b> Zoom <b>Meeting ID:</b> 811 1775 0450 <b>Passcode:</b> 538345</p>
<p><b>Self-Care is NOT Selfish: Creative Tools for Transforming Compassion Fatigue</b> Facilitated By: Kay Glidden &amp; Beth Reynolds Lewis (10:15 - 11:15 AM EST)</p>	<p>The pandemic has taken its toll on everyone and most of us were tired and depleted before COVID-19. We now have over two decades of research demonstrating that working in high stress, trauma-exposed professions carry risk to the staff. Attendees will improve their understanding of compassion fatigue, secondary trauma and burnout and will be given new and practical take-away tools, resources and strategies to include in daily self-care planning for improving health and resiliency.</p>	<p><a href="#">CLICK HERE TO JOIN THIS WORKSHOP</a></p> <p><b>Platform:</b> Zoom <b>Meeting ID:</b> 828 1753 5157 <b>Passcode:</b> 146170</p>

# Morning Workshops - A Sessions

10:15 AM - 12:30 PM

<b>Categories</b>	<i>Action-focused, Skills &amp; knowledge building, Best practices/Model; Book talk</i>
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## 11:30 AM - 12:30 PM (1 Hour Workshops)

<p><b>Public Safety Sector: Building Resiliency through Training, Education &amp; Ambassadors</b></p> <p>Facilitated By: Dr. Jeff Goltz, Lauren Sykes &amp; Kevlon Kirkpatrick (11:30 AM - 12:30 PM EST)</p>	<p>This workshop will highlight the strategic approach the Public Safety sector in central Florida has adopted to build resiliency in the community, and within this sector. The Public Safety sector has designated ACE's, PACEs, and RITE (Racial Intelligence Training &amp; Engagement) as a top training and education a top priority, and the ambassadors of this work will share their unique experiences to build resiliency, one event at a time, one class at a time, one student at a time.</p>	<p><a href="#">CLICK HERE TO JOIN THIS WORKSHOP</a></p> <p><b>Platform:</b> Zoom <b>Meeting ID:</b> 941 2568 3904 <b>Passcode:</b> 659579</p>
<p><b>Community Partnership Schools: An Overview of Community Schools in Florida and Their Holistic Approach Toward Improving Student Success</b></p> <p>Facilitated By: Robert Palmer (11:30 AM - 12:30 PM EST)</p>	<p>The UCF Center for Community Schools promotes the development of community partnerships that include four core partners — a school district, a university or college, a community-based nonprofit, and a healthcare provider, as well as others. This approach is named the Community Partnership Schools™ model. The partners work together to provide a community school with a wide variety of academic support and enrichment opportunities as well as primary medical, dental and behavioral healthcare for the students, the students' families and the surrounding community. Through this approach, we will share with you how schools and communities have increased access to resources creating a pathway towards community resiliency and student success.</p>	<p><a href="#">CLICK HERE TO JOIN THIS WORKSHOP</a></p> <p><b>Platform:</b> Zoom <b>Meeting ID:</b> 947 6846 4522 <b>Passcode:</b> 668380</p>
<p><b>Creating a Culture of Civility in the Classroom: A Vision for the Future of Healthcare</b></p> <p>Facilitated By: Dr. Marci Dial &amp; Elizabeth Coleman (11:30 AM - 12:30 PM EST)</p>	<p>Nursing, "the profession of caring," defines the work of those individuals dedicated to tending to the well-being of others in times of joy, despair, and loss. Nurses commit to serving and providing care to patients, families, and communities every day. Turmoil and stress may create conflict for nurses as they struggle to provide care in situations that may reach beyond the expectations of daily responsibilities. Conflict may sometimes cause nurses and other members of the health care team to react in an uncivil manner, thus, jeopardizing the safety of patients. Integrating the PJI Principles into the classroom environment provides the foundation for promoting respect, inclusivity, self-care management, and learning how to care for others. Empowering students to connect and care for each other while culminating life skills is the theme of this workshop.</p>	<p><a href="#">CLICK HERE TO JOIN THIS WORKSHOP</a></p> <p><b>Platform:</b> Zoom <b>Meeting ID:</b> 984 1244 2402 <b>Passcode:</b> 843662</p>

# Morning Workshops - A Sessions

10:15 AM - 12:30 PM

<b>Categories</b>	<i>Action-focused, Skills &amp; knowledge building, Best practices/Model; Book talk</i>
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## 10:15 AM - 12:15 PM (2 Hour Workshops)

<p><b>Love is Love: Supporting LGBTQ+ Communities</b> Facilitated By: Paula Lupton (10:15 - 12:15 PM EST)</p>	<p>In this workshop individuals will engage in an interactive/powerpoint led discussion and be able to define LGBTQ+ and associated terms, become aware of welcoming strategies that may impact mental and physical health for LGBTQ populations, learn to identify LGBTQ culturally competent practices/ strategies, and locate resources to better support and advocate for LGBTQ communities.</p>	<p><a href="#">CLICK HERE TO JOIN THIS WORKSHOP</a></p> <p><b>Platform:</b> Zoom <b>Meeting ID:</b> 828 4886 6070 <b>Passcode:</b> PBS</p>
<p><b>A Lifetime of Survival (The Six Skills of Survival for Young Children who've Experienced Trauma)</b> Facilitated By: Shayna Torres (10:15 - 12:15 PM EST)</p>	<p>A child's social-emotional development impacts his/her growth across all other domain areas. Research shows that children's success in school is inextricably linked to healthy social and emotional development. Children who lack social competence due to traumatic experiences may be at a disadvantage for academic success. During this presentation participants will learn the six survival skills that are critical to a young child's development. These six skills of survival include, attachment, belonging, self-regulation, collaboration, contribution, and adaptability. In this presentation we will talk about each skill and what they may look like both developed and underdeveloped.</p>	<p><a href="#">CLICK HERE TO JOIN THIS WORKSHOP</a></p> <p><b>Platform:</b> Zoom <b>Meeting ID:</b> 853 9387 0694 <b>Passcode:</b> 023245</p>
<p><b>Community ACEs in Our Central Florida Soil</b> Facilitated By: Lynette Fields &amp; Adam Hartnett (10:15 - 12:15 PM EST)</p>	<p>You've heard of Adverse Childhood Experiences but have you heard of Adverse Community Experiences? In this workshop we will examine elements in our Central Florida community that add another layer of trauma. Those include: low wages, access to nutritious food, absence of social capital, poor housing, limited transportation, historical discrimination resulting in the racial wealth gap, and predatory lending. The format of this workshop will include an overview of the theory, voices of those with lived experience of poverty, small breakout groups, and interactive exercises. We will explore next steps and participants will leave with examples of realized community-based solutions.</p>	<p><a href="#">CLICK HERE TO JOIN THIS WORKSHOP</a></p> <p><b>Platform:</b> Zoom <b>Meeting ID:</b> 813 7993 5534 <b>Passcode:</b> CRC2022</p>



# Afternoon Workshops - B Sessions

1:30 PM - 3:45 PM

Categories

*Action-focused*, *Skills & knowledge building*, *Best practices/Model*; *Book talk*

## 1:30 - 2:30 PM (1 Hour Workshops)

### Surviving Quicksand: How to Navigate Trauma and Engage a Community When it Feels Impossible

Facilitated By:  
Dr. Aleli Vazquez &  
Judy Bransford  
(1:30 PM - 2:30 PM EST)

Educators are faced with unimaginable barriers each day. We all know that we can look to logic to find solutions but what happens when barriers start to collide and we feel like we are standing in quicksand? Quicksand traps and holds onto whatever it can and fighting against the quicksand will feel like there is no escape. Just like with quicksand, we can choose to fight barriers we face or navigate them with strategies that allow us to survive and thrive. This session, facilitated by two principals who have implemented trauma-informed practices into their school system, will study cases of building relationships with students, staff and community members with limited resources and creative strategies. We will dive into conversations about the most challenging situations we face when we encounter students, families and a community with high levels of trauma. Most importantly, this session will provide a space for discourse and reflection about the way we navigate our schools when trauma is visible and invisible.

[CLICK HERE TO  
JOIN THIS  
WORKSHOP](#)

**Platform:** Zoom

**Meeting ID:**

823 5469 3607

**Passcode:** 8hv51x

### Peer Services: The basics, the research, and the history being made in Central Florida

Facilitated By:  
Yasmin Flasterstein  
(1:30 PM - 2:30 PM EST)

This workshop will be led by Yasmin Flasterstein, a mental health advocate the Executive Director of Peer Support Space, who was inspired to start Peer Support Space after hearing the journeys of others sent her from a path of suicide to one of recovery. Come learn about the peer recovery movement and how it is filling gaps in our local mental health system by centering and supporting those directly, and most deeply, impacted. The following workshop will cover peer basics, the research backing their use, and the peer-led work making history in Central Florida.

[CLICK HERE TO  
JOIN THIS  
WORKSHOP](#)

**Platform:** Zoom

**Meeting ID:**

892 3495 1721

### Early Childhood Mental Health Consultation: Making a Difference for Young Children & Teachers in Early Learning Programs

Facilitated By:  
Dr. Cindy Jurie, Erika  
Rohlfing, Joy Boulter, Kissha  
Ballard & Julie Robles  
(1:30 PM - 2:30 PM EST)

In 2021, the Early Learning Coalition of Orange County piloted an Early Childhood Mental Health Consultation program to provide licensed mental health clinicians to work with teachers in community early childhood programs. The mental health consultants provided support to the teachers in response to the significant behavioral challenges with children that many programs were reporting as a result of pandemic stresses. Ten early learning programs were a part of the initial pilot, now expanded, which has been welcomed by child care directors and teachers alike. This panel will include one of the Early Childhood Mental Health Consultants as well as a Director and Teacher from participating programs discussing the impact of the program on their work with children and families to support optimal mental health and social emotional development.

[CLICK HERE TO  
JOIN THIS  
WORKSHOP](#)

**Platform:** Zoom

**Meeting ID:**

872 5082 8731

**Passcode:** 160243

# Afternoon Workshops - B Sessions

1:30 PM - 3:45 PM

Categories

*Action-focused, Skills & knowledge building, Best practices/Model; Book talk*

## 2:45 - 3:45 PM (1 Hour Workshops)

### Positive Parenting and Trauma-Free Discipline: A Conversation with Dr. Candice Jones on High Five Discipline

Interview of:  
Dr. Candice Jones with Mr. Dick Batchelor  
(2:45 PM - 3:45 PM EST)

Caregivers often default to the ways their parents disciplined them, sometimes with harmful results, when confronting their own children's challenges. In High Five Discipline: Positive Parenting for Happy, Healthy, Well-Behaved Kids, pediatrician, Dr. Candice Jones shows caregivers a better way. During this session, (interviewer) and Dr. Jones discuss: the best disciplinary style to raise healthy kids; the High Five Essentials of effective and positive parenting; the work caregivers need to do to become the best for their kids; age appropriate skills for common behavior challenges in kids; how to prevent discipline from being a source of childhood trauma and ways to heal if it has occurred; and how to create your family/classroom discipline plan.

[CLICK HERE TO JOIN THIS WORKSHOP](#)

Platform: Webex

### Leveraging PACEs Connection to Build Relationships, Partnerships and Success in Your Community

Facilitated By:  
Carey Sipp  
(2:45 PM - 3:45 PM EST)

Building communities is about creating the cross-sector relationships that allow for sustainability, stability, and forming creative partnerships and programs that help prevent and heal childhood trauma, build individual, family and community resilience. This workshop will share how belonging to PACEs Connection and leveraging the free website and tools can help you grow a community; how forming partnerships can lead to growth, funding, the ability to become a member of the PACEs Connection Coop, a learning collaborative where you'll connect with other communities across the country who are doing the work, sharing success, and establishing best practices.

[CLICK HERE TO JOIN THIS WORKSHOP](#)

Platform: Zoom

Meeting ID:

758 062 0720

# Afternoon Workshops - B Sessions

1:30 PM - 3:45 PM

Categories

*Action-focused, Skills & knowledge building, Best practices/Model; Book talk*

## 1:30 - 3:30 PM (2 Hour Workshops)

<p><b>Using Trauma-Informed Principles in a Non-Formal Educational Setting to Promote Thriving for Youth from Hard Places</b> Facilitated By: Jessica Sprain &amp; Brent Broaddus (1:30 PM - 3:30 PM EST)</p>	<p>Creating inclusive spaces for youth through a trauma informed lens is critical to the mission of any organization that provides positive youth development programs. Given the overwhelming frequency of children who have endured Adverse Childhood Experiences professionals must be aware of and intentionally offer programs through a trauma informed lens. Youth from hard places often exhibit many undesirable behaviors. As certified TBRI practitioners the presenters will present the basics of brain science which will provide a science-based approach to “why” youth from hard places may exhibit these behaviors. This practical discussion will support professionals to see past what a child is expressing via behavior or body language and to look for the true need of the youth so that a connection can be made. This session will teach professionals easy to implement strategies, resources, and assessments that are proven to support youth from hard places.</p>	<p><a href="#">CLICK HERE TO JOIN THIS WORKSHOP</a></p> <p><b>Platform:</b> Zoom <b>Meeting ID:</b> 937 3474 9981 <b>Passcode:</b> 433970</p>
<p><b>I Sent out a Survey, Now What?</b> Facilitated By: Lynell Hodge and Michelle Crozier (1:30 PM - 3:30 PM EST)</p>	<p>Do you collect data for your organization? Do you assess programs and initiatives? Is your funding tied to reporting effectiveness? Do you want to apply to grants? Does reporting feel overwhelming? If you answered yes to any of these questions, this workshop might be for you. Organizations are often asked to collect data to describe how interventions i.e. programs and services have addressed needs. This workshop will share best practices to collect data, an overview of assessment strategies, and instructions on how to apply the information to make data driven decisions. Data driven decisions provide an opportunity for organizations to align/realign organizational goals and objectives. <b><i>Participants are asked to come with a laptop and sample data to practice in during the workshop.</i></b></p>	<p><a href="#">CLICK HERE TO JOIN THIS WORKSHOP</a></p> <p><b>Platform:</b> Zoom <b>Meeting ID:</b> 953 6142 5746 <b>Passcode:</b> 641040</p>
<p><b>Resilience: Finding Your Formula - The Message, Map, and Maintenance Formula</b> Facilitated By: Chantel Aquart, Cendie Stanford &amp; Shequila Roberts (1:30 PM - 3:30 PM EST)</p>	<p>United by Crave Florida, a community organization that cultivates the spirituality and leadership of social innovators; all three co-presenters have lived through adverse childhoods. As adults they have done the difficult work of healing and are building organizations that share each of their unique formulas for success in overcoming these adversities. Attend this panel discussion to hear from Cendie Stanford, Founder of ACEs Matter, Chantel Aquart, Founder of Amazing Life Consulting and Shequila Roberts, Founder of Determine Now and Meditate with She, as they unpack their lived experiences, share ways Crave has helped them and others grow and expand on strategies that help themselves and others to overcome ACEs.</p>	<p><a href="#">CLICK HERE TO JOIN THIS WORKSHOP</a></p> <p><b>Platform:</b> Zoom <b>Meeting ID:</b> 833 1364 8950</p>

\*Please see additional workshop option on next page.

# Afternoon Workshops - B Sessions

1:30 PM - 3:45 PM

Categories

*Action-focused, Skills & knowledge building, Best practices/Model; Book talk*

## 1:30 - 3:30 PM (2 Hour Workshops Cont.)

### Why Positive and Adverse Childhood Experiences (PACES) Matter

Facilitated By:  
Ann Pimentel-Kerr  
(1:30 PM - 3:30 PM EST)

This workshop will raise awareness in Central Florida about Adverse Childhood Experiences (ACEs) and Trauma-Informed Practices; help participants understand the impact of ACEs, trauma, and toxic stress on health, behavior, learning, the economy, and our community; share protective factors that help to prevent ACEs; explain strategies to heal trauma and build resilience; define what it means to be trauma informed and the various stages of development on that journey; and offer avenues for individuals to engage in broader community resilience initiatives.

[CLICK HERE TO JOIN THIS WORKSHOP](#)

**Platform:** Zoom

**Meeting ID:**

926 5250 1679



CREATING A  
*Resilient*  
**COMMUNITY**

FROM TRAUMA TO HEALING

# Workshop Presenter Showcase





# WORKSHOP PRESENTERS

CREATING A  
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FROM TRAUMA TO HEALING



## Adam Hartnett

Adam Hartnett has a Bachelor of Social Work and Master of Social Work from Florida State University with a focus on Social Policy and Program Administration. Adam has 10 years of experience in human services and development specifically with a focus on homelessness, youth development, family violence, LGBTQ+ inclusion, community development, poverty reduction and social equity and inclusivity. Adam Hartnett currently serves as the Regional Coach for Circles Central Florida initiative of Poverty Solutions Group, Inc.



## Dr. Aleli Vazquez Santiago

Aleli Vazquez holds a Doctoral Degree in Higher Educational Leadership. She has over 18 years of experience in both public and private education. As such, Dr. Vazquez values continued education and has attended the following Harvard Institutes: Turnaround Leaders, New and Aspiring Leaders, Urban School Leaders, and Family Engagement in Education. Her educational philosophy is that every child is deserving of high-quality education facilitated by a caring and knowledgeable adult. Instructional strategies need to accommodate different learning abilities and meet the needs of individual scholars academically and emotionally. Education needs to be engaging, creative, rigorous, and innovative, providing social-emotional learning opportunities to students and their families. The school is the community's heart, and it is imperative to have strong bonds with the families and the community to lead scholars to reach their maximum potential.



## Amber Proctor

Amber Proctor has been in the field of adolescent mental health for over 20 years. Amber earned her B.A. in social work in 2005 and M.A. from Florida State University in 2006. Amber began her career in child and adolescent substance use prevention and completed her master's internship in the Juvenile Drug Court program. In 2012, Amber became a licensed clinical social worker and found her calling at Pace Center for Girls in 2013 in Tallahassee. She began as a counselor providing individual and social services to girls between the ages of 12-18 and moved up to become the Social Service Manager. Amber and her family moved to Orlando in 2019 to assume the role of social service manager at Pace Center for Girls Orange County. During these unprecedented times, Amber and the Pace Center for Girls team have helped girls through the pandemic to make both academic and social service progress so they can achieve their goals. Amber is a proud mother of three and is celebrating her 16th wedding anniversary to her husband this year.

# WORKSHOP PRESENTERS



## **Anna Dieuveuil**

Anna Dieuveuil is from Miami, Florida and graduated from University of Central Florida with a Bachelors Health Science with a minor in Health Service Administration. She also received her MBA from University of Phoenix and received a certification in Program Management. She has worked with the Boys & Girls Clubs of Central Florida for 14 years and she is Service Director of the Tupperware Brands Branch in Kissimmee. She worked closely with the Orange County Neighborhood Center for Families for 14 years. She is certified in Mental Health First Aid, certified Trauma Informed Care through DHS, a Tier 1 level trainer with Boys & Girls of America, a United Way Loaned Executive, and as the Southeast Regional Keystone Advisor she works with teens in helping them lead in their community. She is a member of Zeta Phi Beta Sorority Incorporated where she is the Historian



## **Ann Pimentel-Kerr**

Ann Pimentel-Kerr is the CAC Specialist at the Children's Advocacy Center. Ann has 30 years' of experience working with children & families, and in the social services/child welfare arena. Her experience includes working with children and adults in psychiatric facilities, DCF child abuse investigations, supervision, and many years as a child welfare trainer & public speaker. Ann provides numerous educational and training opportunities for law enforcement, school personnel, medical professionals, community providers, and presents at conferences & seminars. Her trainings and presentations include Adverse Childhood Experiences, Child Abuse and Neglect, Reporting requirements, Human Trafficking, Trauma in Children, Sexual Abuse Prevention and more.



## **Beth Reynolds Lewis**

Beth Reynolds Lewis, BS, is a compassion fatigue specialist, mindfulness educator, trauma-informed care trainer and Registered Yoga Teacher. Her experience includes 30+ years as a Child Welfare case manager, Forensic Interviewer and working in a public behavioral health system.

Beth Reynolds and Kay Glidden own Compassion Resiliency, a training/consulting company that promotes the wellbeing of professionals who work in high stress/trauma work environments.

# WORKSHOP PRESENTERS

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FROM TRAUMA TO HEALING



## **Brent Broaddus**

Brent Broaddus has been a faculty member at the University of Florida for 21 years focusing on positive youth development for the youth in the state of Florida and nationally through some of his programmatic efforts. Brent develops 4-H faculty, staff professionals and volunteers across Florida 4-H system in how to plan, implement and evaluate 4-H programs with the 4-H Thriving Model as a total approach for high quality PYD programs through the intentional promotion of social, emotional, cognitive, and behavioral habits leading to targeted impactful results. Brent also focuses on career awareness, workforce preparedness and entrepreneurship.



## **Dr. Candice W. Jones**

Candice W. Jones, MD, FAAP is a board-certified general pediatrician practicing in Orlando, FL. She completed residency in Pediatrics at the Johns Hopkins School of Medicine in Baltimore, MD. She earned her Medical Doctorate at the Morehouse School of Medicine in Atlanta, GA. She is an author and Spokesperson for the American Academy of Pediatrics (AAP). Dr. Candice was awarded in 2018 the Health Empowerment Award by the Central Florida Urban League, the Public Health Hero Award by the Department of Health Orange County, and in 2020 the Orange County Distinguished Citizen of the Year Award. You can listen to her discuss various kid health topics on her podcast, KIDing Around with Dr. Candice.



## **Carey Smith Sipp**

Director of Strategic Partnerships for PACEs Connection, Carey helps decision makers at organizations and coalitions realize the benefits of partnership in the PACEs (positive and adverse childhood experiences) movement to prevent and heal childhood trauma and create positive childhood experiences. She is gifted in identifying potential partnerships and connecting organizations, grantees, funders, communities, and corporations that share similar or complementary missions and values, helping them connect the dots between, for example, creating trauma-informed work and school environments and seeing improvements in attendance and outcomes. She is also skilled at building relationships and making available the connections, learning, and data to accelerate and expand the movement and to track and share positive outcomes of the work.



# WORKSHOP PRESENTERS

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## Cendie Stanford

Cendie Stanford, founder of ACEs Matter, brings her lived experiences with adversities that started at birth in zip code 79403. In the summer of 2020, Cendie created ACEs Matter in response to what she experienced as an adult. Unaware that her childhood adversities played a role in how she responded to stressors in her career, relationships, and even her own parenting – she realized her life’s mission would be to help spread awareness to others.



## Chantel Aquart

Chantel Aquart is the Founder of Amazing Life Consulting. She teaches people from a myriad of backgrounds how to de-clutter and reorganize their space, mind, time, and life for efficiency, productivity, and synchronicity. Her mission is to help others plan their work, while working their plan, so they can make life work. With over 15 years of experience teaching through organizations including [Poverty Solutions Group](#), [Crave](#), [Circles](#), and [The Children’s Home Society of Florida](#), she offers one-on-one and group coaching, classes and conferences designed to increase personal development for well-being and peace of mind.



## Cheryl O'Rourke

Cheryl O'Rourke is originally from Philadelphia Pennsylvania, and earned an Associate Degree in Early Childhood Education and Early Intervention from Lehigh Carbon Community College in 2010, a Pennsylvania Director Credential in 2012 and a Bachelor Degree in Childhood Development from Kaplan University in 2013. Cheryl and her family moved to Clermont Florida where she began working for the Boys & Girls Clubs of Central Florida in 2017. Ms. O'Rourke has been certified in Youth Mental Health First Aid, Trauma Informed Care through DHS, and as a National Tier 2 level Trainer for the Boys & Girls Club of America. In her work, Cheryl places an emphasis on building strength and resiliency in the youth served at The South Lake Unit of the Club. All the while mentoring our future leaders to be strong pillars of compassion and character.

# WORKSHOP PRESENTERS



## Dr. Cindy Jurie

Cindy Jurie, Ph.D., has worked in early childhood education for over thirty years, in diverse settings, including Migrant Head Start, a teen parenting program and as program manager at Seminole State's early childhood program. She has been an ECE teacher, director, and trainer. Cindy's M.S. degree is in Early Childhood Education from Wheelock College while her Ph.D. is in Child Development from the Erikson Institute. Cindy has been the Director of Research & Special Projects for the past eleven years, leading initiatives supporting infant/toddler teacher professional development, child care directors' business skills and most recently, early childhood mental health support.



## Dick Batchelor

Dick J. Batchelor is a former member of the Florida House of Representatives and president of one of the most respected and influential business development consulting firms in Florida. Batchelor continues to serve his community, especially on behalf of children. He was co-chairman of the Children's Trust of Orange County, an independent council dedicated to funding services, and is co-chairman of the Orange County Domestic Violence & Child Abuse Commission. Batchelor serves on the boards of Florida's Children First and the Boys & Girls Clubs of Central Florida. He also served for 33 years as honorary chairman of the "Dick Batchelor Run for the Children," an annual 5K that raised funds —more than \$1.5 million — to treat abused children. In 2010, Batchelor received The Chiles Advocacy Award, presented by United Way of Florida, for his "Integrity, Dedication and Commitment to Improving the Lives of Florida's Children and Families." And in 2019, he was named "Champion of Education" at the UNCF Mayor's luncheon.



## Elizabeth Coleman

Professor Coleman has over 25 years of nursing experience and has worked in academia for over 10 years. She has experience in Medical-Surgical Nursing, Rapid In and Out Surgery, Ambulatory Nursing, and Gastroenterology. Professor Coleman is a Faculty Advisor for the Valencia Nursing Student Association (VNSA) and Co-Clinical Coordinator. Professor Coleman holds a BSN and an MSN from Western Governors University. She is a tenured faculty member, has served as the Program Chair for Valencia's Associate Degree Nursing Program, Nursing Manager for a Gastroenterology practice, tenure review panel leader and a new nursing faculty mentor.



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## Erika Rohlfing

Erika Rohlfing, is a Licensed Clinical Social Worker for Kinder Consulting. She has provided over 18 years of community based mental health to children, families, and school personnel in Orange County. Currently, she works together with the Early Learning Coalition to provide consultation services in preschool centers to address school personnel overall emotional well-being.



## Jasmine Davenport

Jasmine Davenport is the Academic Manager at Pace Center for Girls – Orange. She received a Bachelor's of Science in Political Science and Bachelors of Arts in Philosophy and Religion from Florida A&M University. During her time at Florida A&M University, she began her career in Education and Advocacy while serving as the Coordinator of Student Affairs (FAMU) and interning for the Florida House of Representatives as a Legislative Aide. Ms. Davenport, went on to Florida State University to receive a Master's Degree in Public Administration with a concentration in Strategic Leadership and Management. After graduating from Florida State University, Ms. Davenport spent time working in Human Resources, Systems Information and Technology, Employee Relations, and Community Engagement. In 2019 her passion for advocating for children led her back to the education field serving as a substitute teacher until ultimately being hired full time at Pace Center for Girls, where her more recent roles have been Social Studies Teacher for grades 6-12, Lead Teacher, and Academic Administrator.



## Dr. Jeff Goltz

Dr. Goltz was born in Milwaukee, Wisconsin, and served in the U.S. Air Force. In 1988 he was hired by the Orlando Police Department (OPD) as a sworn law enforcement officer and retired as a Captain in 2008, after 20 years of dedicated public service. Upon his retirement from law enforcement, Dr. Goltz served as the Director of the Criminal Justice Institute at Valencia College until February 2014 when he was promoted to the Executive Dean of the School of Public Safety (SPS) where he is responsible for the leadership and management of the Criminal Justice Institute, Fire Rescue Institute, and Public Safety Operations and Program Support. Currently he is a lead instructor in the Public Safety Leadership Development Certification Program at Valencia College and is a member of the University of Central Florida's Criminal Justice Advisory Council. His interests are the strategic growth of public safety training and education, and leadership philosophy in public affairs. He has published three books and many academic articles in his field of study and practice. Dr. Goltz is married and has a 30-year old son. Fitness, family, writing, education, and faith are very important to him.

# WORKSHOP PRESENTERS



## Jessica Sprain

Jessica Sprain has been the UF/IFAS Extension 4-H Youth Development Agent in Osceola County for seven years. She focuses on providing positive youth development to the youth of Florida through implementing practices of positive youth development and volunteer management. Jessica works with youth in the areas of S.T.E.M., leadership and life skill development. She is currently working with a team of qualified youth development professionals to modify how the Florida 4-H program works to create a trauma-informed program to support all youth. In addition to this work, she is committed to expanding access, equity and inclusion in the 4-H program.



## Joy Boulter

Joy Boulter is an experienced owner/director of three early learning programs in the Orlando area, serving Holden Heights, Washington Shores, and the Oak Ridge communities. She has been in business for ten years and has both her national Child Development Associate credential and her State of Florida Director's Credential. Joy is also a graduate of the ELCOG's Business Institute for Early Learning Entrepreneurs and has been an active advocate for the early childhood community.



## Judy Bransford

Judy Bransford obtained her M.Ed. in Educational Administration Curriculum, and Supervision at the University of Oklahoma. She began her teaching career in a community that faced high rates of incarceration, addiction and other significant trauma in Oklahoma. She also served as a Parent Child Educator and Family Support Specialist to a non-profit dedicated to recovery and prison diversion. She relocated back to Florida and has served OCPS as a Dean, Assistant Principal and now Principal of an elementary school. She has her certification in Child Psychiatric Rehabilitation, attended Harvard University's Urban Leadership program and continues to have a passion in service of underserved communities.

# WORKSHOP PRESENTERS



## Julie Robles

Julie Robles is an experienced toddler teacher working at Welbourne Avenue Nursery & Preschool. Julie earned her national Infant-Toddler Child Development Associate credential through the Orlando Magic Infant/Toddler CDA program, sponsored by the ELCOC and has participated in many quality initiatives, including the LENA Grow program, earning a LENA Grow credential for her work supporting young children's language development.



## Kay Glidden

Kay Glidden, MS, is a compassion fatigue specialist, trauma-informed care trainer and mindfulness educator. Her experience stems from over 30+ years as a mental health professional, human resources specialist and working in a public behavioral health system.

Kay and Beth Reynolds Lewis own Compassion Resiliency, a training/consulting company that promotes the wellbeing of professionals who work in high stress/trauma work environments.



## Kevlon Kirkpatrick

Kevlon H. Kirkpatrick has over twenty-three years of experience working as a Law Enforcement Officer. He is a member of The Creating a Resilient Community Network (CRC) and holds a Bachelor of Science degree in Finance from the College of Staten Island. He is certified by the Office of the Attorney General as a Florida Crime Prevention Practitioner, a Florida Crime Prevention Through Environmental Design Practitioner (CPTED), a School Resource Officer (SRO) and Convenience Business Inspector. The Valencia College Criminal Justice Institute has also certified him as a Physical Fitness Trainer, a General Instructor and a Defensive Tactics Instructor. He is also a certified Racial Intelligence Training and Engagement (R.I.T.E.) Instructor. Kevlon has completed the Peace and Justice Institute (PJI) Facilitation Training Level 1 Qualification course. He has facilitated for the Florida Crime Prevention Training Institute (FCPTI) and several of the National Conference on Preventing Crime events. He is committed to collaborating with community stakeholders, and is passionate about nurturing environments focused on inclusiveness, equity and respect for all.



# WORKSHOP PRESENTERS



## Kissha Ballard

Kissha Ballard is an experienced Family Child Care Home provider working in the Richmond Heights community. She has been in business for 14 years “helping hands for growing children.” Kissha attended Tallahassee Community College and serves as the Orange County representative for the Florida Family Child Care Home Association.



## Lauren Sykes

Ms. Lauren Sykes is a graduate of the University of Central Florida (UCF) with her Masters of Science Degree in Criminal Justice. She is currently the Criminal Justice Program Chair and Tenured Professor on the west campus. She is an Alumni Graduate of Valencia College. She has dedicated over 35 years to the field of Criminal Justice to include; Corrections, Community Corrections, Children’s Mental Health, Juvenile Delinquency, Crime and Intelligence analysis and teaching. As an Intelligence Analyst, she has worked and networked with Criminal Justice agencies throughout the State of Florida and the nation on the topic of Violent Crime and Homeland Security. She is a certified trainer in Adverse Childhood Experiences (ACEs) and Racial Intelligence Training and Engagement (RITE).



## Lili Wysiekierski

Lili Wysiekierski is an outreach counselor at Pace Center for Girls, Orange, where she serves as the first point of contact to girls and families who are considering the Pace program. Lili completed her Bachelor’s in Social Work at Hood College in Frederick, Maryland. While attending Hood College, Lili minored in criminology and delinquency and focused her time on researching effective preventative programs throughout the United States for at-risk youth. During Lili’s senior year, she worked with and provided resources to youth in detention centers throughout the state during her internship at the Office of the Public Defender in Frederick, Maryland. Lili has published her research in the *Journal of Social Work*.

# WORKSHOP PRESENTERS



## Dr. Lynell Hodge

Dr. Lynell Hodge is a practitioner scholar with over fifteen years of student services experience. Her research focus includes stress, vicarious/secondary trauma, and culturally responsive pedagogical practices. Dr. Hodge has published several peer-reviewed articles, book chapters, and presents at conferences regularly. Dr. Hodge serves as the Assistant Director of Occupancy Management for Housing and Residence Life at the University of Central Florida (UCF). Dr. Hodge earned her Doctorate from the University of Central Florida in Higher Education and Policy Studies and master's from The Florida State University in Higher Education and Bachelors in Public Administration and Urban Studies and Business Management from Georgia State University.



## Lynette Fields

Lynette Fields has a B.A. from the University of Evansville in Indiana and a Master of Social Work from the University of Michigan. She has over 30 years of cross-community experience in the areas of immigration, disaster response, supervised independent living for teens, global partnerships, community outreach and organizing, and diversity, equity, and inclusion initiatives. She is a seasoned facilitator and has supervised scores of interns. Serving as Executive Director of PSG brings excitement for being a part of an emerging movement across the country that is shifting the conversation and work from poverty management to poverty reduction.



## Dr. Marci Dial

Dr. Dial's education includes a DNP from the University of Alabama at Birmingham, Post Masters in Advanced Practice Nursing from the University of Central Florida, Bachelors in Psychology and Bachelors in Nursing from UCF, and is a current PhD candidate at UCF as a Nurse Scientist. Dr. Dial has over 25 years of nursing experience and has worked in academia for over 17 years. She has experience in Critical Care, Trauma, Medical-Surgical Nursing, Oncology, Women's Health, and Pain Management. She volunteers in a community clinic providing care to patients without access to healthcare. She serves as volunteer faculty for the UCF College of Medicine. She is active in multiple professional nursing organizations and is on the Florida League for Nursing Board. She is a Certified Peace and Justice Practitioner at Valencia. She is a Co-Clinical Coordinator and Faculty Advisor for the Valencia Nursing Student Association.



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## Dr. Michelle Crozier

Dr. Michelle Crozier earned both her PhD in Public Health and Master of Public Health with concentrations in Epidemiology from the University of South Florida College of Public Health. Her applied public health experience includes working as a communicable disease epidemiologist and program manager with the Florida Department of Health. In her academic roles, Dr. Crozier is an adjunct for the University of Central Florida and most recently, managed the Health Sciences Collegiate Academy for Lake-Sumter State College. She is experienced in non-profit program evaluation, enjoys mentoring students, and her research is focused on mitigating the adverse impact of psychological trauma in the community.



## Opal Walker-Warren

Opal Walker-Warren has over 25 years of experience in the nonprofit and public school sectors as a teacher, trainer and director. Opal is passionate about influencing the lives of fellow Youth Development Professionals, as well as the youth and the families she serves. Over the past 10 years, Opal has served as a Service Director, Director of Program Services & Impact and currently, Director of Social Emotional Development & Program Impact with the Boys & Girls Clubs of Central Florida. Prior to that, Mrs. Walker-Warren owned and operated a childcare business, after moving from New York City where she taught for 7 years. Opal obtained her B.A. from York College, The City University of New York and graduate studies at Brooklyn College, The City University of New York. She has received a Trauma Informed Care certification through Florida DCF, Direct Care Core Competencies Certification through Florida APD, HIPAA Privacy & Securities, Boys & Girls Clubs of America Tier 2 National Trainer, Trainer of Youth Work Methods with David P. Weikart Center for Youth Program Quality and a Youth Mental Health First Aid certification.



## Paula Lupton

Paula is the Compliance and Accreditation Officer with Positive Behavioral Solutions. She provides clinical oversight and guidance to Registered Clinical Social Work Interns as a qualified state supervisor. Paula has over 17 years of experience in the mental health field, working with populations in foster care and adoption, LGBTQ+ , social determinants of health and crisis work and trauma. She has worked as a trainer for many years on listed topics and has presented in over 18 state and national conferences. She has a passion for using expressive arts to assist with recovery from trauma, anxiety, and grief.

# WORKSHOP PRESENTERS



## Robert Palmer

Robert Palmer joined the UCF Center for Community Schools in January 2020 as the university assistance coordinator. In this role, he is responsible for assisting schools as they collaborate with their college/university partner(s) to develop mutually beneficial programs and services to impact students, families and communities. Prior to joining the center, Palmer worked for Orange County Public Schools, where he held the position of college and career specialist supporting students in developing their post-secondary plan(s). He also worked for OCPS as a guidance counselor and teacher before becoming a college and career specialist. For more information on Robert, click [here](#).



## Rosene Johnson

Rosene Johnson is an energetic, innovative, results-oriented executive leader passionate about building strong communities and improving the lives of girls, children, and persons with disabilities. A published author and researcher in the child development field, Ms. Johnson was appointed by Florida Governor Rick Scott to serve on the Valencia College Board of Trustees, ranked nationally as the top two-year college in the country. Ms. Johnson has been named in the Orlando Sentinel list, “10 People that Make Orlando a Better Place”, featured as one of Orlando Family Magazine’s Super Women, and as one of Orlando’s Women of the Year by Orange Appeal magazine and the African American Women’s History Month Project. Ms. Johnson is the Founder and CEO of KidzSuccessCoach, a consulting firm designed to help parents raise successful kids and educational programs improve their outcomes for greater funding.



## Shayna Torres

Shayna Torres has over five years of experience in working with children and providing coaching and training for teachers. Torres holds a Masters’ Degree in Early Childhood Education with a specialization in working with at risk children. She has a passion for the field and is continuously seeking improvements in early learning centers within her local communities. Torres is a firm believer that every child deserves quality education and a fair start at life. With this, a significant amount of her work revolves around closing achievement gaps and educating the community on the importance of child development.

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## Shequila Roberts

As an experienced Meditation Coach since 2012, Shequila has made it her mission to guide those that seek to enter the doorway to deeper insight by applying meditation to their daily practices. She is a certified Life Coach and also specializes in emotional intelligence.



## Yasmin Flasterstein

Yasmin (she/her) is a Latinx, Middleeastern, bisexual Central Florida leader in mental health and LGBTQ+ advocacy that lives with cPTSD and Dissociative Disorder. Yasmin worked in the mental health response to Orlando's Pulse tragedy, directing a counseling program for those affected directly or indirectly and creating advocacy initiatives to destigmatize mental health in LGBTQ+, Latinx and Black communities. Today, Yasmin works as the Co-Founder and Executive Director of [Peer Support Space, Inc.](#) Yasmin is a founding member of Orlando Trans Collective and has sat on the Board of Directors for Peer Support Coalition of Florida, Youth MOVE National, Central Florida Cares Health System, and the One Orlando Alliance. Yasmin has received countless recognitions including getting recognized as UCF's 30 under 30, a Everyday Hero by News 13, 2019's Most Remarkable People and LGBTQ+ Leaders of Tomorrow by Watermark and having her biography read into the congressional record for Women's History Month.



# PRINCIPLES FOR HOW WE TREAT EACH OTHER

## Our Practice of Respect and Community Building

1. **Create a hospitable and accountable community.** We all arrive in isolation and need the generosity of friendly welcomes. Bring all of yourself to the work in this community. Welcome others to this place and this work, and presume that you are welcomed as well. Hospitality is the essence of restoring community.
2. **Listen deeply.** Listen intently to what is said; listen to the feelings beneath the words. Strive to achieve a balance between listening and reflecting, speaking and acting.
3. **Create an advice free zone.** Replace advice with curiosity as we work together for peace and justice. Each of us is here to discover our own truths. We are not here to set someone else straight, to “fix” what we perceive as broken in another member of the group.
4. **Practice asking honest and open questions.** A great question is ambiguous, personal and provokes anxiety.
5. **Give space for unpopular answers.** Answer questions honestly even if the answer seems unpopular. Be present to listen not debate, correct or interpret.
6. **Respect silence.** Silence is a rare gift in our busy world. After someone has spoken, take time to reflect without immediately filling the space with words. This applies to the speaker, as well – be comfortable leaving your words to resound in the silence, without refining or elaborating on what you have said.
7. **Suspend judgment.** Set aside your judgments. By creating a space between judgments and reactions, we can listen to the other, and to ourselves, more fully.
8. **Identify assumptions.** Our assumptions are usually invisible to us, yet they undergird our worldview. By identifying our assumptions, we can then set them aside and open our viewpoints to greater possibilities.
9. **Speak your truth.** You are invited to say what is in your heart, trusting that your voice will be heard and your contribution respected. Own your truth by remembering to speak only for yourself. Using the first person “I” rather than “you” or “everyone” clearly communicates the personal nature of your expression.
10. **When things get difficult, turn to wonder.** If you find yourself disagreeing with another, becoming judgmental, or shutting down in defense, try turning to wonder: “I wonder what brought her to this place?” “I wonder what my reaction teaches me?” “I wonder what he’s feeling right now?”
11. **Practice slowing down.** Simply the speed of modern life can cause violent damage to the soul. By intentionally practicing slowing down we strengthen our ability to extend nonviolence to others—and to ourselves.
12. **All voices have value.** Hold these moments when a person speaks as precious because these are the moments when a person is willing to stand for something, trust the group and offer something they see as valuable.
13. **Maintain confidentiality.** Create a safe space by respecting the confidential nature and content of discussions held in the group. Allow what is said in the group to remain there.

*Prepared by the Peace and Justice Institute with considerable help from the works of Peter Block, Parker Palmer, the Dialogue Group and the Center for Renewal and Wholeness in Higher Education*



# PRINCIPIOS PARA CÓMO TRATAR UNOS A OTROS

## Nuestras Prácticas de Respeto y Crear Comunidad

- 1. Forme una comunidad hospitalaria y responsable.** Todos llegamos sin conocer a nadie y necesitamos sentirnos bienvenidos. Entréguese completamente al trabajo de esta comunidad. Extiéndales la bienvenida a los demás en este lugar de trabajo, y presuma que usted también es bienvenido. La hospitalidad es esencial para la restauración de la comunidad.
- 2. Escuche atentamente.** Escuche atentamente a lo que se dice; escuche los sentimientos que subyacen a las palabras. Haga un esfuerzo por lograr un equilibrio entre escuchar y reflexionar, hablar y actuar.
- 3. Forme una zona libre de consejos.** Substituya el consejo por curiosidad a medida que trabajamos juntos por la paz y la justicia. Cada uno de nosotros está aquí para descubrir nuestras propias verdades. No estamos aquí para rectificar a otra persona, o para “arreglar” lo que percibimos como erróneo en otro miembro del grupo.
- 4. Practique el hacer preguntas honestas y abiertas.** Una buena pregunta es ambigua, personal y provoca reflexión.
- 5. Haga espacio para respuestas poco populares.** Responda a las preguntas con sinceridad, aunque la respuesta parezca poco popular. Esté presente para escuchar, no para debatir, corregir o interpretar.
- 6. Respete el silencio.** El silencio es un don poco común en nuestro ocupado mundo. Después que alguien haya hablado, tómese el tiempo para reflexionar, sin sentir la necesidad de llenar inmediatamente el espacio con palabras. Esto se aplica igualmente al hablante - siéntase cómodo o cómoda al dejar sus palabras resonando en el silencio, sin perfeccionar o ampliar lo que ya haya dicho.
- 7. Evite el juicio.** Ponga a un lado sus prejuicios. Mediante la creación de un espacio entre los juicios y reacciones, podemos escuchar al otro, y a nosotros mismos más plenamente.
- 8. Identifique las suposiciones.** Nuestras suposiciones nos son invisibles. No nos damos cuenta de que son meras suposiciones y hasta permitimos que moldeen nuestra visión del mundo. Cuando identificamos nuestras suposiciones, entonces podemos dejarlas a un lado y abrir nuestro punto de vista a mayores posibilidades.
- 9. Diga su verdad.** Usted está invitado a decir lo que está en su corazón, confiando en que su voz será escuchada y su contribución respetada. Sea dueño de su verdad, y recuerde hablar sólo por usted mismo. Cuando usted utilice la primera persona “yo” en vez de “usted” o “todos” comunica con claridad la naturaleza personal de su expresión.
- 10. Cuando las cosas se pongan difíciles, hágase preguntas.** Si usted se encuentra en desacuerdo con otra persona, convirtiéndose en un crítico o cerrándose a la defensiva, pregúntese: “¿Cómo llegó él o ella a esta conclusión?” “¿Qué me enseña a mí la forma en que estoy reaccionando?” “¿Qué estará sintiendo él o ella en este momento?”
- 11. Tome las cosas con calma.** Simplemente la velocidad de la vida moderna puede causar un fuerte daño al alma. Al tomar las cosas con calma de forma intencional fortalecemos nuestra habilidad de no transmitir molestia a los demás ni a nosotros mismos al responder.
- 12. Todas las voces tienen valor.** Cuando una persona hable, mantenga esos momentos como algo precioso porque esos son los momentos en los que una persona está dispuesta a expresar y defender algo, a confiar en el grupo y a ofrecer algo que él o ella ve como valioso.
- 13. Mantenga la confidencialidad.** Forme un espacio seguro al respetar la confidencialidad y el contenido de lo que se ha hablado en el grupo. Deje que lo que se ha dicho en el grupo permanezca allí.

*Preparado por The Peace and Justice Institute con considerable ayuda de los trabajos de Peter Block, Parker Palmer, The Dialogue Group y The Center for Renewal and Wholeness in Higher Education.*





# Continuing Education Unit (CEU) & Certificates of Attendance

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## **Certificate of Attendance -**

If you are interested in getting a Certificate of Attendance, you must register using [this form](#) by Friday, April 29th. All conference participants are eligible to receive a certificate of attendance.

## **Continuing Education Unit (CEU) -**

*Interested conference attendees have the opportunity to receive up to 5 hours for participation on Day 1 and 4 hours for participation on Day 2.*

## **2 Step Process:**

1. If you are interested in getting Continuing Education Units, you must register using [this form](#) by Friday, April 29th.
2. In addition, after the conference, you will need to complete [this form](#), indicating which aspects of the conference you attended.

CEU Eligibility - Only available for clinical licenses below:

- Florida Board of Clinical Social Work
- Florida Board of Marriage and Family Therapy
- Florida Board of Mental Health Counseling
- Florida Board of Nursing
- Florida Board of Psychology and School Psychology

Certificate Delivery: University Behavioral Center will send participants an email with the CEU/Certificate of Attendance attachment within 2-3 weeks.

**For questions contact Sarah Paliuca: [Sarah.Paliuca@uhsinc.com](mailto:Sarah.Paliuca@uhsinc.com)**



**Orange County  
Public Schools**

# Professional Development Points for Teachers (Orange County Only)

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OCPS teachers interested in receiving professional development points for conference participation can do so by emailing Lisa Diamond ([lisa.diamond@ocps.net](mailto:lisa.diamond@ocps.net)) after the conference with the following information:

- Name
- Employee ID
- Workshops attended (with # of hours)

**Deadline to register:** April 29th, 2022

**For questions contact Lisa Diamond:** [lisa.diamond@ocps.net](mailto:lisa.diamond@ocps.net)

## **Presenters:**

- Thank you to all 38 of our presenters listed in the workshop presenter showcase! You are doing the work to help us reach our horizon goal of becoming a more resilient, trauma-informed Central Florida!

## **Partners:**

- Peace and Justice Institute at Valencia College
- Early Learning Coalition of Orange County

## **Sponsors:**

### **Financial**

- Central Florida Foundation
- City of Orlando
- Florida Blue
- Foundation for a Healthier West Orange
- JP Morgan Chase & Co.
- Orlando Health

### **In-Kind**

- Children's Advocacy Center
- Devereux Advanced Behavioral Health
- University Behavioral Center

## **Keynote Speaker:**

- Dr. Asim Jani

## **Special Guests**

- Buddy Dyer, Mayor of the City of Orlando
- Jerry Demings, Mayor of Orange County Florida



## Activity Leads:

- Ashley Lewis - Guided Acoustic Meditation and Mindfulness Practice
- Celine Kavalec - Mindfulness Practice
- Chadonné Whiskey - Vocal Performer

## Workshop Proposal Review

### Committee:

- Allie Pinkerton
- Leo Stoney
- Maria Long
- Pernell Bush
- Rachel Allen
- Sandi Vidal
- Sofiya Asedrem
- Tina Morgan



## Conference Planning Team:

- Allison Pinkerton
- Asim Jani
- Ann Pimentel-Kerr
- Anne Wedge McMillen
- Candice Jones
- Cendie Stanford
- Chrstin Edwards-Salinas
- Cindy Jurie
- Elizabeth Cronlund
- Heather Rogers
- Donna Walsh
- Jane Hursh
- Jeff Goltz
- Jenifer Rupert
- Jennifer Planteti
- Karen Cino
- Katie Murphy
- Kelsey Visser
- Lajuana Raines
- Lauren Sykes
- Leo Stoney
- Lisa Diamond
- Lynette Fields
- Maria Long
- Marie Martinez
- Michelle Crozier
- Pernell Bush
- Rachel Allen
- Randy Olson
- Roger Weeden
- Sandi Vidal
- Sara Osborne
- Selena D. Hutchinson
- Sofiya Asedrem
- Tina Morgan
- Tishanna Dixon
- Yolanda Russell



# PEACE AND JUSTICE INSTITUTE

All People. All Voices. All Matter.

VALENCIA COLLEGE



## The Peace and Justice Institute Team:

- Rachel Allen
- Sofiya Asedrem
- Jen Danilowski
- Britney Pierce
- William Jefferson
- Celine Kavalec
- Kelsey Visser

## Valencia College:

- Dr. Amy Bosley  
Vice President, Institutional Planning & Development, & Chief of Staff, Valencia College
- Dr. Jeff Goltz  
Executive Dean, School of Public Safety, Valencia College

## Tech Support

- Fernando Gutierrez, Technical Support Specialist WPC, Valencia College
- Keith Hill, Director, Campus Technology Services, Valencia College
- All additional technicians who provided tech support during the conference

CREATING A  
*Resilient*  
**COMMUNITY**  
**NETWORK**

**Members of the Creating a Resilient Community (CRC) Network:**

Abby Hendry  
Abraham Salinas-Miranda  
Adam Hartnett  
Adrienne Elder  
Alicia Latimore  
Alison Maurer  
Allie Pinkerton  
Amalia Herrera  
Amanda Siller  
Amber Gum  
Amber Heinig  
Amber S Padrick  
Amy Ellis  
Amy Love  
Andrea Hammond  
Andrea Mercado  
Angela Chestang  
Angela Gonzalez  
Anna Reed  
AnnaMaria Alvarado  
Anne Marie Sheffield  
Ann Pimentel-Kerr  
Anne Wedge-McMillen  
Annette Snedaker  
Ariel Wolf  
Ashley Eddy  
Ashley Sanders  
Ashley Valdez  
Asim Jani  
Audravette Jackson  
Barry Tishler  
Beatrice Laguerre  
Betsey Bell  
Bickley Wilson

Bob Bushong  
Brenda Nieves Wong  
Brennan Riggs  
Bridget Valle  
Britt Swain  
Brooke Samlaska  
Bruce Vail  
Candice Jones  
Candice Nieves  
Caren Langevin  
Carmen Ives  
Carol Swanburg  
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Cassie Rule  
Catherine Beck  
Catherine Galda  
Catherine Ruane  
Cathy Rivera  
Celia Forno  
Celine Kavalec  
Cendie Stanford  
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Charise Liburd  
Cherlette Mccullough  
Cheryl Clemens  
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Christin Edwards-Salinas  
Christina Fitzsimons  
Christina Jenkins  
Cindy Clark  
Cindy Jurie  
Clara Velasquez-Levin

Clarence Mabon  
Claudia Swonger  
Claudio Rosado  
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Courtney Sellers  
Courtney Sharland  
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Cristina Rivera  
Cynthia Moon  
Cynthia Moore  
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Debi Carruth  
Debra Berke  
Deja Jackson  
Dena Ford  
Denise Conus  
DeShawn Chapman  
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Diane Robertson  
Doneil Brown  
Donna Walsh  
Donna Wyche  
Drew Colling  
Dylan McCain Allen  
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Elle Dowdy  
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Emily J. Wilson  
Eric Olin

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Jessica Gibson  
Jessica Miles  
Jessica Rivera  
Jessica Sprain  
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Karen Cino

Karen Cowden  
Karen Willis  
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Kristine Persaud  
Kyle Osborn  
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LaJuana Raines  
Larry Williams  
LaTasha Thomas  
Latrell Williams  
Laura Betts  
Laura Lee  
Lauren Chianese  
Lauren Cooper  
Lauren Moskowitz

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Nathalie Viau  
Neil Boris  
Niangel Crudup  
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Nicole Wilson-Salkaus  
Nirvana Muniz  
Norynne Caleja  
Oneka Burnett  
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Pamela Vordeburg  
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Patricia Reda  
Patricia Wiggins  
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Rachel Struebing  
Rachel Viselman  
Randy Olson  
Raquel Tapia



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Rebecca Francois	Sherry Rego	Tyesha Branch
Rebecca T Parrott	Simmy King	Tyfanni Penn
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Roger Weeden	Spanser Polica	Vanessa Pinkney
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Roxie Heist	StoicDan	Victor Felix
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Sabrina Palmer	Susan Arkin	Wendell Smith
Saffiyah Johnson	Susan Timmons	Wendy Kimelman
Sally Harrison	Suzanne Salapa	Wendy Thomson
Sally McArthur	Sylvia Revangile	Whitney Lake
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Shana Manuel	Tolulope Adebajo	
Shaniqua Rose	Tony Philcox	
Shannon Corack	Traci Klinkbeil	
Shara Lou Pryce	Traci McKinney	
Shayna Torres	Tracy Calato	
Shenieka Brothers	Tracy Olson	



# Thank you for taking the post conference survey!

Deadline: April 29th, 2022



Click [HERE](#) for the post conference survey or use the QR code above.

# Join the Creating a Resilient Community (CRC) Network

[Click here to join](#)



*A network collaborating across sectors and communities to transform our region into one of prevention, hope, healing, and resilience for all*

## Next Meeting:

Strategic Planning

May 31st, 2022

1:00 pm - 4:00 pm

Via Zoom



# Join the Community Common Read Initiative

[Click here to join](#)

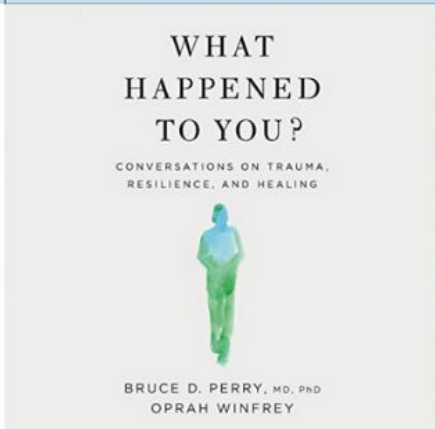
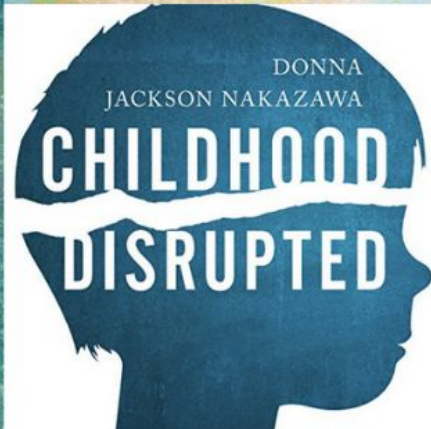
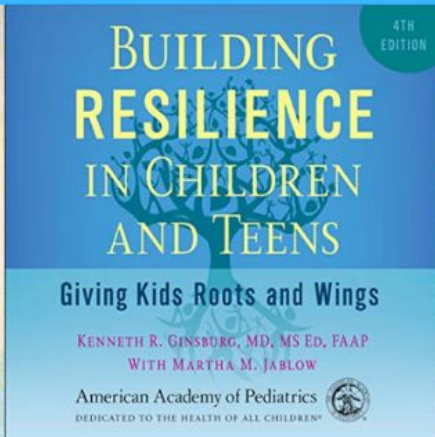
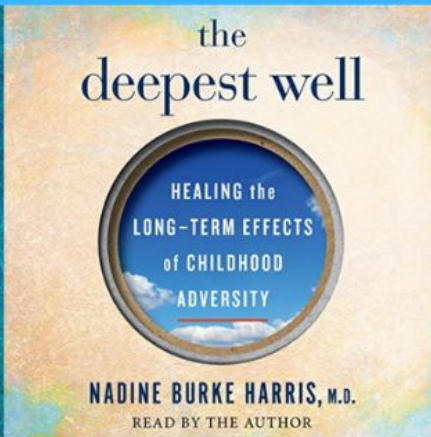
This virtual book club was set up by the Peace and Justice Institute to encourage a common read of books related to the theme of Creating a Resilient Community: From Trauma To Healing.



# Common Read



**JOIN HERE!**





# Join PACEs Connection Central Florida

[Click here to join](#)

A network for community members, professionals and leaders to collaborate across sectors in a movement to prevent adverse childhood experiences (ACEs), heal from trauma, and build resilience in Central Florida. We encourage the use of this network to collaborate across sectors and communities and to transform our region into one of hope, healing, and resilience for all.

## NURTURE & PROTECT KIDS AS MUCH AS POSSIBLE



Be a source of safety and support.

## MAKE EYE CONTACT

Look at kids (babies, too). It says, "I see you. I value you. You matter. You're not alone."

## SAY, "SORRY"

We all lose our patience and make mistakes. Acknowledge it, apologize, and repair relationships. It's up to us to show kids we're responsible for our moods and mistakes.



## GIVE 20-SECOND HUGS

There's a reason we hug when things are hard. Safe touch is healing. Longer hugs are most helpful.



## SLOW DOWN OR STOP

Rest. Take breaks. Take a walk or a few moments to reset or relax.

## HUNT FOR THE GOOD



When there's pain or trauma, we look for danger. We can practice looking for joy and good stuff, too.

## BE THERE FOR KIDS

It's hard to see our kids in pain. We can feel helpless. Simply being present with our kids is doing something. It shows them we are in their corner.

## HELP KIDS TO EXPRESS MAD, SAD & HARD FEELINGS

Hard stuff happens. But helping kids find ways to share, talk, and process helps. Our kids learn from us.



## KEEP LEARNING

Understand how ACEs impact you and your parenting.

[Click here to view the full Parenting to Prevent and Heal ACEs Flyer](#)



# Book a “Why PACEs Matter” Workshop for your Organization

[Click here to inquire](#)

resilience@valenciacollege.edu



## Why Positive & Adverse Childhood Experiences (PACEs) Matter

PRESENTED BY

THE CREATING A RESILIENT COMMUNITY NETWORK

PEACE AND  
JUSTICE INSTITUTE  
All People. All Voices. All Matter.

VALENCIACOLLEGE

In this 2 hour workshop, participants will learn the basics of the science of Positive and Adverse Childhood Experiences (PACEs), trauma, toxic stress and the brain. Additionally, we will touch on additional realms of adversity that can negatively impact individual and community wellbeing. This workshop will also discuss trauma informed practices, protective factors, and strategies that promote individual healing and resilience.



# CRC Network Community Resource List

Resource	Description	Location
<a href="#">Aspire Health Partners</a>	Aspire Health Partners Providing the highest quality of compassionate, comprehensive and cost effective integrated behavioral health care.	Central Florida (Brevard, Hillsborough, Lake, Orange, Osceola and Seminole County)
<a href="#">Crisis Text Line</a>	Crisis Text Line provides free, 24/7 support via text message. We're here for everything: anxiety, depression, suicide, school. Text HOME to 741741	International
<a href="#">Devereux Advanced Behavioral Health - Mobile Crisis Services</a>	Mobile Crisis Services are available to anyone ages 0 – 24 located in Orange, Osceola or Seminole County at the time of crisis. Master level and licensed therapists will respond to homes, schools or anywhere within the tri-county community, within 60 minutes to provide immediate on-site crisis stabilization. DIAL 211 or 407-839-HELP.	Orange, Osceola, and Seminole County
<a href="#">findhelp.org</a>	Connects individuals with any support they need: financial assistance, food pantries, medical care, and other free or reduced-cost help.	Nationwide
<a href="#">gethelpflorida.org</a>	Citizen's Guide to Valuable Resources - Administered by the Florida Department of State's Division of Library and Information Services, this site helps individuals find valuable government information easily.	Statewide, Florida
<a href="#">Harbor House of Central Florida</a>	Domestic violence organization serving residents of Orange County, Florida. Confidential 24-hour hotline: (407) 886-2856	Orange County, Florida
<a href="#">Help Now Osceola</a>	Domestic violence organization serving residents of Osceola County, Florida. Confidential 24-hour hotline: (407) 847-8562	Osceola County, Florida
<a href="#">La Amistad Behavioral Health Services in Orlando</a> <a href="#">LAMistad.com</a>	La Amistad Behavioral Health Services treats individuals ranging from young adolescents to adults through treatment programs for psychiatric issues, <u>chemical dependency issues</u> , and dual diagnosis for those struggling with both.	Central Florida
<a href="#">Lake County Community Resource Guide</a>	Providing resources to Lake County residents that range from basic needs to behavioral health.	Lake County, Florida
<a href="#">myfloridamyfamily.com</a>	A portal that pairs families with local organizations that are eager to help in their community with a variety of resources.	Florida

[View the CRC Network Community Resource List Here](#)



# CRC Network Community Resource List

Resource	Description	Location
<a href="#">NAMI Greater Orlando</a>	National Alliance on Mental Illness, Greater Orlando NAMIGO, an affiliate of the National Alliance on Mental Illness, is a 501(c)3 not-for-profit organization that provides free support, advocacy, outreach, and education to those with mental health conditions.	Central Florida (Orange, Osceola, and Seminole)
<a href="#">Naseeha - Muslim Mental Health Helpline</a>	Naseeha provides the muslim community with the tools needed to address mental health. They have a confidential helpline where individuals can receive immediate, anonymous, and confidential support over the phone or via text, 7 days a week. Naseeha also provides educational programs to raise awareness around North America about the stigma around mental illness.  1-866-NASEEHA (627-3342)	USA & Canada
<a href="#">National Domestic Violence Hotline</a>	1.800.799.SAFE (7233)	Nationwide
<a href="#">National Suicide Prevention Lifeline</a>	The Lifeline provides 24/7, free and confidential support for people in distress and prevention and crisis resources for you or your loved ones. 1-800-273-TALK (8255)	Nationwide
<a href="http://orlando.gov/My-Neighborhood">orlando.gov/My-Neighborhood</a>	Find what is happening around your area from parks to events and projects.	Orlando, FL
<a href="#">Orange County - Mental Health and Homeless Issues Division</a>	Resources to help you with mental health.	Orange County, Florida
<a href="#">Osceola Community Health Services</a>	Services to assist clients confront and work through the difficult issues in their lives, we offer counseling services for all ages. Our clinicians are trained to listen and interact in a way that helps you get to the very root of your emotional concerns.	Osceola County, Florida
<a href="#">PACEs Connection</a>	PACEs Connection is a social network that recognizes the impact of a wide variety of adverse childhood experiences (ACEs) in shaping adult behavior and health, and that promotes trauma-informed and resilience-building practices and policies in all families, organizations, systems and communities.	Nationwide
<a href="#">PACEs Connection Central Florida</a>	A network for community members, professionals and leaders to collaborate across sectors in a movement to prevent adverse childhood experiences (ACEs), heal from trauma, and build resilience in Central Florida.	Central Florida

[View the CRC Network Community Resource List Here](#)





# CRC Network Community Resource List

Resource	Description	Location
<a href="http://preventchildabuse.org/">preventchildabuse.org/</a>	At the Prevent Child Abuse America, their vision is where children will grow up in a happy, healthy, successful, and supportive communities and families.	Nationwide
<a href="http://providers.therapyforblackgirls.com">providers.therapyforblackgirls.com</a>	It is an online resource that is dedicated to encouraging the mental wellness of Black women and girls.	Georgia but accessible to Nationwide
<a href="#">SafeHouse of Seminole</a>	Domestic violence organization serving residents of Seminole County, Florida. Confidential 24-hour hotline: (407) 330-3933	Seminole County, Florida
<a href="#">Second Harvest Food Bank</a>	Food Finder Tool and Map that can help individuals locate emergency food providers throughout Central Florida. Individuals looking to get resources from a feeding partner on the site should call before heading to listed locations.	Central Florida
<a href="#">Seniors Resource Alliance/ Meals of Love</a>	Free Restaurant-prepared Meals for Elderly & Disabled Adults, delivered seven days per week.	Brevard, Orange, Osceola and Seminole County, Florida
<a href="#">The Center</a>	Founded in 1978, the Center seeks to promote and empower the LGBT community and its allies through information, education, advocacy, and support.	Central Florida
<a href="#">United Way 211</a>	Simply call 211 to speak to someone now, or search by location for online resources and more contact information.	Nationwide
<a href="#">Victim Service Center</a>	To provide individualized services and resources to victims of sexual assault, violent crime, and traumatic circumstances, through crisis response, advocacy, therapy, and community awareness.	Central Florida
<a href="#">Zebra Coalition</a>	Zebra Coalition® is a network of organizations which provide services to lesbian, gay, bisexual, transgender and all youth (LGBTQ+) ages 13 – 24.  The Coalition assists young people facing homelessness, bullying, isolation from their families, and physical, sexual and drug abuse with individualized programs to guide them to recovery and stability. Contact #: 407-228-1446	Central Florida

[View the CRC Network Community Resource List Here](#)

# MINDFULNESS RESOURCES



Research shows that mindfulness can improve one's sense of presence and cultivate resilience. Teachers of mindfulness should be well-trained and integrate trauma-sensitive practices, such as those advocated by David A. Treleaven, psychologist and author of *Trauma-Sensitive Mindfulness: Practices for Safe and Transformative Healing*. There are many resources online to support a mindfulness practice. Here is a sampling:

**Insight Timer** – (free) Includes 40,000 free guided meditations, a place to journal, log your sessions, a timer with various bells and background sounds, and community groups on different topics.

**Head Space: Meditation** – (free trial) Includes sessions on everything from stress to sleep, a mindfulness coach, exercises, and even meditations for children.

**Calm** – (free trial) Includes some nature background sounds during timed meditations and meditations in different categories, such as beginners, anxiety, sleep, focus, stress, relationships, emotions, self-care to name a few.

**The Free Mindful Project:**

<https://www.freemindfulness.org/live-online-mindfulness-sessions>

Live online mindful sessions, videos and resources.

**Brown Center for Mindfulness:** <https://www.brown.edu/public-health/mindfulness/home>  
Resources include research on mindfulness research, courses, retreats, and professional training pathways.

# Notes & Journaling

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